

Treatment Plan

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TREATMENT AIMS:

1. Continue to work on menstrual cycle regularity, pain control and PMS symptoms.
2. Decrease bloating and abdominal discomfort
3. Conduct SIBO test to address the possibility of microbiome imbalances.

SIBO and endometriosis: why treating the gut is essential for endometriosis?

SIBO stands for Small Intestinal Bacterial Overgrowth, which is a condition characterized by the presence of excessive bacteria in the small intestine. This overgrowth can lead to various symptoms such as bloating, diarrhoea, abdominal pain, and malabsorption of nutrients.

An unbalanced bacterial environment in the gut can increase inflammation and lead to a leaky gut, which is when food particles and bacteria can cross the intestinal barrier and travel in your body through the blood, creating more inflammation.

Because endometriosis is also an inflammatory condition, working on fighting this inflammation is essential for controlling endo.

Not only that, but oestrogen is a hormone that is partially metabolised and excreted by the gut, meaning that if your intestines are not working as they should, the chances of inadequate oestrogen levels are higher.

Overall, while treating the gut may not directly target the underlying cause of endometriosis, it can play a significant role in managing symptoms, reducing inflammation, supporting hormonal balance, optimizing immune function, and promoting overall well-being.

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SIBO TEST

You will receive the SIBO test via email. Please see their website (link below) for preparation diet. If you have any questions please contact me.

General recommendations for the test:

1. Stop all supplements on the day of the preparation diet and the day of the test
2. Conduct a preparation diet (the diet is essential for correct test results. If you are unable to conduct the prep diet strictly, leave the test for another day, as results will be inconclusive and you will have to test again).
3. Fast from 9 pm until the morning of the test (water allowed)
4. Conduct the test in the morning. You will probably have to do the test on your day off.

SIBOtest website link for further information:

<https://sibotest.com>

PRESCRIPTION CHANGES:

1. Vitex: Take vitex for 25 consecutive days and stop for 5 days. Take it in the morning.
2. NAC: Decrease dosage to 2 capsules for 3 consecutive days.
3. Omega-3: If you still have the omega-3 by Thorne, take as recommended at the bottle (3 capsules daily).
4. Iberogast: take 20 drops before main meals